

# PLEASANT VIEW SENIOR NEWS

EAST LONGMEADOW COUNCIL ON AGING  
328 NORTH MAIN STREET  
EAST LONGMEADOW, MA 01028-1870  
WWW.EASTLONGMEADOWMA.GOV



CAROLYN F. BRENNAN, DIRECTOR  
8:00 A.M. - 4:00 P.M. DAILY  
PHONE: 525-5436 FAX: 526-9746  
CBRENNAN@EASTLONGMEADOWMA.GOV

## EVENTS FOR THIS MONTH AND NEXT

**Meals On Wheels**  
So no senior goes hungry.

### Political Memorabilia Display:

As the elections quickly approach, we thought it would be interesting and appropriate to reminisce about past elections. On **TUES, OCT 16th @ 10:00 AM** Glen Clark will be at the Senior Center to share a portion of his extensive collection of political memorabilia. His collection, which spans many years, will provide insight into the more noteworthy elections and encourage an open discussion of your personal experiences as they relate to a particular election year.

**Road Scholar Program:** A community outreach coordinator for MASS/Dot Registry of Motor Vehicles (RMV), will be here on **OCT 31st @ 10:00 AM** to discuss issues facing older drivers, rules of the road, warning signs of unsafe driving, new laws and recent changes that have taken place

at the RMV. You will also learn the application process for disability placards and plates, the MASS Identification Card, research concerning older drivers, as well as alternative forms of transportation.

### Influenza Vaccine for Homebound Clients:

The COA has received its allocation of the influenza vaccine. We are designating the vaccine we received to go to our homebound clients. If you or someone you know is unable to get out to receive a flu shot, please call our nurse, Lissa Fontaine @ **525-5436, ext. 1407**, to schedule a home visit. \$2 donation. *Please see page 2 for information on a flu clinic coordinated by CVS here at the Senior Center.*

**Candidate's Night:** Come hear your state and local candi-

dates present their platforms here at the Pleasant View Senior Center on **THURS, NOV 1st @ 7:00 PM**, facilitated by Town Moderator Jim Sheils. Questions will be taken by the candidates following their platform.

**Veterans Luncheon:** Once again we will be honoring local veterans at a luncheon on **TUES, NOV 13th**. Please call the office for a reservation as seating is limited. No charge for veterans, guests are \$3. 525-5436.

**BOCCE Tourney Results:** A special thanks to UNICO for sponsoring our 3rd annual Bocce Tournament. The food as usual was superb! The winning team included Bob Davis, John Rico, Jim Harrison, and Bill O'Shaughnessy.

**OUTREACH** - JANICE MICHAELIS, B.S, MONDAY - FRIDAY, 8 AM TO 4 PM, 525-5424,  
JMICHAELIS@EASTLONGMEADOWMA.GOV

**Medicare Open Enrollment:** OCT 15 to DEC 7 is when ALL people with Medicare can change their Medicare Health Plan and Prescription Drug Coverage for 2013. Information on the 2013 plans will be available mid-OCT.

During open enrollment you can switch, drop or add plans as they relate to Medicare parts A, B, and D, and Medicare Advantage. **If you are satisfied with your current plan, you do not need to do anything.** For help under-

standing and choosing the right Medicare options call **1-800-633-4227** or visit **medicare.gov**. You may also want to call 525-5436 to make an appointment with one of our SHINE counselors.

## PROGRAMS . . . PLEASE REGISTER FOR ALL PROGRAMS

**Friendship Club Thursdays:**  
10/4 - Laurie Festa entertaining.

10/11 - Regular BINGO, Pantry request is paper goods. Fire Chief Paul Morrisette will introduce himself and hand out batteries for smoke detectors.

10/18 - The Bill Shontz Show.

10/25 - Board Meeting @ 9:50 AM. Trivia Contest, Pantry request is Peanut Butter. *Wear your best costume for our annual Halloween Costume Contest.* We are also still accepting jewelry in good condition to sell on Thursdays to support programming (*no broken jewelry please.*) We will also be holding a **Danny K Handbag Raffle.**

**Movie Tuesdays:** All movies begin at **12:45 PM** and **require sign-ups** as seating is limited. Movies this month are: *The Proposal* (2009), 109 min. on **OCT 2nd**; *National Treasure* (2004), 131 min. on **OCT 16th**; *OCT 31st movie TBD.*

**Free Legal Advice:** The MASS Bar Association is offering *FREE* legal advice through its DIAL-A-LAWYER program on **OCT 16th** from **3:30 - 7:30 PM.** The DIAL-A-LAWYER phone number is **(413) 782-1659.**

**Meditation Series Continues:** Christine Strohman, founder of Evolve Meditation, will offer a six-week series of meditation classes to be held on **TUES @ 9:00 AM** beginning **OCT 9th.** We will explore various guided meditations. Cost is \$30 for the entire series. *Please pay instructor.*

**Caregivers Support Group:** The first meeting of our new Alzheimer's Support Group will be held on **MON, OCT 15th @ noon.** Bring your lunch and we will view the DVD produced by the Alzheimer's Association entitled *Understanding Alzheimer's - an Introductory Guide.* All are welcome. Call Lissa with any

questions, 525-5436, ext. 1407.

**Flu Clinic:** CVS will conduct a Flu Vaccine Clinic here at the Senior Center on **THURS, OCT 4th** from **10:00 AM - 2:00 PM.** Bring your insurance card, as CVS will bill directly. If no insurance, the cost is \$31.99. CVS will contact you a day before to let you know if there is a co-pay. **Sign-up by calling Lissa Fontaine @ 525-5436, ext. 1407.**

**NEW TIME! Limited Mobility Exercise Class** is now at **10:30 AM** on **WED.** This class targets people who need assistance with exercise and have strength or balance problems.

**Coming Soon:** We plan to begin a monthly discussion group surrounding improving our mental well-being. We will touch upon various issues regarding mental health and coping mechanisms. Watch upcoming newsletters for more information.

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## HEALTH AND WELLNESS - LISSA FONTAINE, R.N., MON - FRI, 8 AM TO 4 PM, 525-5436, X 1407, LFONTAINE@EASTLONGMEADOWMA.GOV

**Alzheimer's Support Group:** 3rd MON each month @ noon to provide emotional, educational and social support for caregivers. *OCT 15th*

**Arthritis Exercise Classes: MON & THURS, 10:30 AM.** Low-impact, joint-safe exercise to decrease arthritis pain, relieve stiffness and improve balance. Nominal fee. *DVD's available for purchase for home exercise.*

**Limited Mobility Exercise: WED, 10:30 AM,** for people with limited mobility and balance. Nominal fee.

**Strength and Cardio Class: MON & WED, 9:30 - 10:00 AM.** Bring resistance bands and hand weights. **\$3 per month.**

**Meditation Workshop:** A six-week series for \$30 exploring silent and guided meditation. *Begins TUES, OCT 9th.*

**Matter of Balance Workshop:** Cost of \$10 for 8 weeks from 10:00 AM to noon. Current class full; wait list started.

**Chair Volleyball: WED, 1:00 PM.**

**Capuano Care:** *FREE* blood pressure, glucose and total cho-

lesterol screenings, **1st FRI** of each month, **8 - 9 AM.** Fasting required. *OCT 5th.*

**Better Hearing Clinic:** Baystate Hearing Aid Centers, **3rd WED**, 15 min. appts. between **10 AM - 12 PM.** *OCT 17th.*

**Footcare/Pedicare: 2nd TUES** each month/appt., **Cost is \$28, OCT 9th.** 525-5436.

**Fitness Center:** Open MON - FRI, 8 AM - 4 PM. Medical clearance required. 20 visits/\$10 (E.L. residents); \$15 others

**Blood Pressure:** Call Lissa @

## ACTIVITIES AND PROGRAMS - SANDY GRABIERZ, PROGRAM AND VOLUNTEER COORDINATOR MON - FRI, 8 AM - 4 PM, 525-5436, X 1406, SGRABIERZ@EASTLONGMEADOWMA.GOV

**Art Class:** FRI, 10 AM - 12:30 PM w/Jeff Kern. \$15 per class.

**Ballroom Dance:** 1st & 3rd MON each month, 1:30 PM (\$2.50 pp).

**Baystate Deaf Seniors:** WED, 10 AM.

**Bocce League:** WED, 10 AM.

**Book Club:** Last TUES/month, 10:30 AM. *OCT reading is "Unbroken," by Laura Hillenbrand.*

**Cribbage:** WED & FRI, 10 AM.

**Dominoes:** FRI, 1 PM.

**Exercise:** MON/WED, 9 AM/FRI, 8:45 AM. \$3/month or .50/class.

**French:** WED, 11 AM.

**Gentlemen's Coffee Hour:** 3rd TUES @ 9:00 AM. Different topics each month. *OCT 16th*

**Jewelry Class:** 1st MON each month, 9:30 AM, \$3, materials extra.

**Legal Consultations w/Dave Carlson:** On the 3rd TUES of each month by appt. *OCT 16th*

**Line Dancing Class:** FRI, 4 PM, \$3/class. 12:30 PM *sharp.*

**Mah Jongg:** TUES @ 1:00 PM.

**Manicures, Waxing:** 2nd THURS w/licensed esthetician. *OCT 11th*

**Morning Glory Walkers:** MON/WED/FRI, 8 AM. Meeting 2nd MON @ 9 AM.

**Movie Tuesdays:** 1st and 3rd TUES/month, 12:45 PM.

**Needlework:** FRI, 1 PM

**Pitch:** MON, begins @

**Pool:** 8 AM - 4 PM daily, Instruction THURS 10AM

**Scrabble:** MON, 1 PM.

**Tai Chi:** TUES, 9 AM, Free, walk-ins welcome. *First Congregational Church*

**Tap Dance:** TUES @ 7 PM, Intermediate; 8 PM, Advanced. Six weeks/\$35, \$30 for 60+. Diane Shields, 218-2375.

**Trivia:** THURS, 10 AM.

**Zumba/Zumba Gold:** MON, 4:15 PM, 6 weeks for \$30 or \$5 per class.

Please reserve lunch 24 hours  
in advance, call 525-5436.  
Served 12 noon.

# OCTOBER 2012

To reserve van, call 739-7436 or 866-  
277-7741. \$2.50 each zone/20 tick-  
et pkg, \$47.50, sold in our office.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1 BBQ Ribs</b> Walkers 8:00 Chair Exercise 9:00 Strength & Cardio 9:30 Arthritis Exercise 10:30 Pitch 12:30 Scrabble 1:00 <b>Ballroom Dance 1:30</b> Zumba 4:15  <b>Paper Recycle</b>	<b>2 Grilled Chicken Sandwich</b>  <b>Movie, The Proposal, 12:45</b> Mah Jongg 1:00 Tap Dance 7:00, 8:00	<b>3 Baked Ham w/ Pineapple</b> Walkers 8:00 Chair Exercise 9:00 Strength & Cardio 9:30 Limited Mobility Exer 10:30 Cribbage 10:00 Deaf Seniors 10:00 Bocce League 10:00 French 11:00 Chair Volleyball 1:00	<b>4 Ziti w/Meatballs</b> Trivia 10:00 Pool Instruction 10:00 Arthritis Exercise 10:30 <b>CVS Flu Vaccine Clinic 10:00 — 2:00</b> <b>Friendship Club, Laurie Festa 12:30</b>	<b>5 Tuna Plate</b> Walkers 8:00 <b>Capuano Care 8:00</b> Chair Exercise 8:45 Art Class 10:00 Cribbage 10:00 Dominoes 1:00 Needlework 1:00 <b>Farmers Market 12 - 4</b> Line Dancing Class 4:00
<b>8 Closed for Columbus Day</b>  <b>Container Recycle</b>	<b>9 Tortellini Alfredo w/ Ham &amp; Peas</b> <b>SHINE by appt. Footcare/Pedicare/Appt.</b> Mah Jongg 1:00 Tap Dance 7:00, 8:00	<b>10 Baked Chicken</b> Walkers 8:00 Chair Exercise 9:00 Strength & Cardio 9:30 Limited Mobility Exer 10:30 Cribbage 10:00 Deaf Seniors 10:00 Bocce League 10:00 French 11:00 Chair Volleyball 1:00	<b>11 Veal &amp; Eggplant Parmesan</b> <b>Manicures (appt.)</b> Trivia 10:00 Pool Instruction 10:00 Arthritis Exercise 10:30 <b>Friendship Club, Fire Chief Paul Morrisette 12:00 and Regular BINGO 12:30</b>	<b>12 Roast Beef</b> Walkers 8:00 Chair Exercise 8:45 Art Class 10:00 Cribbage 10:00 Dominoes 1:00 Needlework 1:00 <b>Farmers Market 12 - 4</b> Line Dancing Class 4:00
<b>15 Baked Fish</b> Walkers 8:00 Chair Exercise 9:00 Strength & Cardio 9:30 Arthritis Exercise 10:30 Pitch 12:30 Scrabble 1:00 <b>Ballroom Dance 1:30</b> Zumba 4:15  <b>Paper Recycle</b>	<b>16 Shepherds Pie</b> <b>Gentleman's Coffee Hour 9:00</b> <b>Political Memorabilia Display 10:00</b> <b>Movie, National Treasure, 12:45</b> Mah Jongg 1:00 <b>Legal Consults/appt</b> Tap Dance 7:00, 8:00	<b>17 Lasagna</b> Chair Exercise 9:00 Strength & Cardio 9:30 <b>Hearing Screenings 10:00</b> Limited Mobility Exer 10:30 Cribbage 10:00 Deaf Seniors 10:00 Bocce League 10:00 French 11:00 Chair Volleyball 1:00	<b>18 Roast Turkey \$3</b> Trivia 10:00 Pool Instruction 10:00 Arthritis Exercise 10:30 <b>Friendship Club, Bill Shontz Show 12:30</b>	<b>19 Chicken Chow Mein</b> Walkers 8:00 Chair Exercise 8:45 Art Class 10:00 Cribbage 10:00 Dominoes 1:00 Needlework 1:00 <b>Farmers Market 12 - 4</b> Line Dancing Class 4:00
<b>22 Bacon Cheeseburger</b> Walkers 8:00 Chair Exercise 9:00 Strength & Cardio 9:30 Arthritis Exercise 10:30 Pitch 12:30 Scrabble 1:00 Zumba 4:15  <b>Container Recycle</b>	<b>23 Pasta w/ Mushrooms</b> Meditation Workshop 9:00 Matter/Balance 10:00 Mah Jongg 1:00 Tap Dance 7:00, 8:00	<b>24 Chicken Piccata</b> Walkers 8:00 Chair Exercise 9:00 Strength & Cardio 9:30 Cribbage 10:00 Limited Mobility Exer 10:30 Deaf Seniors 10:00 Bocce League 10:00 French 11:00 Chair Volleyball 1:00	<b>25 Roast Pork</b> <i>No Arthritis Exercise</i> Trivia 10:00 Pool Instruction 10:00 Arthritis Exercise 10:30 <b>FC Board Meeting 9:50</b> <b>Candaras Rep Visit 11:00</b> <b>Friendship Club, Trivia 12:30</b>	<b>26 Egg Salad Plate</b> Walkers 8:00 Chair Exercise 8:45 Art Class 10:00 Cribbage 10:00 Dominoes 1:00 Needlework 1:00 <b>Farmers Market 12 - 4</b> Line Dancing Class 4:00
<b>29 Tangerine Chicken Wrap</b> Walkers 8:00 Chair Exercise 9:00 Strength & Cardio 9:30 Arthritis Exercise 10:30 Pitch 12:30 Scrabble 1:00 Zumba 4:15  <b>Paper Recycle</b>	<b>30 Pier 17 Fish</b> Meditation Workshop 9:00 Matter/Balance 10:00 <b>Book Club 10:30</b> <i>"Unbroken," by Laura Hillenbrand</i> <b>Movie TBD 12:30</b> Mah Jongg 1:00 Tap Dance 7:00, 8:00	<b>31 American Chop Suey</b> Walkers 8:00 Chair Exercise 9:00 Strength & Cardio 9:30 Cribbage 10:00 Limited Mobility Exer 10:30 Deaf Seniors 10:00 Bocce League 10:00 <b>Safe Driving 10:00</b> French 11:00 Chair Volleyball 1:00	<div style="border: 1px solid black; padding: 5px;"> <p><b>FREE HEARING TEST</b></p> <p>• FREE Hearing Tests      Call Today for an Appointment!</p> <p>• FREE Video Ear Scans</p> <p>• FREE Consultations</p> <p>• FREE In-Office Repairs</p> <p>www.BeltoneNE.com</p> </div> <div style="text-align: right; margin-top: 10px;">  <p><b>CHICOPEE</b> 1269 Memorial Drive <b>(413) 315-5219</b></p> </div>	